

# Family Fun!

Ideas to support learning, play and well-being

## Let's Get Measuring

If your child measures the length of his or her hand, then you can start measuring things without the need of a ruler. Let's say your child's hand span is 10cms long; if your child measures your sofa its about 20 hands long, you know the sofa is around 200 cms long. Once your child knows the size of their hand, they can measure anything! Of course, your child's hand span is likely to not be 10cms exactly, so this will be a good multiplication maths practice. Therefore, this part of the activity is recommended for ks2 children.



## Storytelling Using Props

The next time you read with your child, why not encourage them to make puppets. All they need is paper, colouring pencils or felt-tips, lolly sticks and cello tape. Children can make puppets of the characters in the story. Encourage your child to join in with the story and retell the story using the puppets and watch the excitement in their eyes as the story comes to life. They can retell the story multiple times to other members of the family.

## Healthy Swaps- Crisps/Popcorn

Crisps are full of salt and saturated fat and, as they be so moreish, it can be hard to judge how much is being eaten. Replace them with lightly salted or plain popcorn for a much healthier snack. Why not get your child involved and cook the popcorn at home? You can even get a little adventurous and try other combinations such as cheese and garlic or banana and honey.



## The Power of Yet!

Encourage your child to use a growth mindset by adding 'Yet' at the end of any of these phrases so they are admitting they cannot currently perform the task, but they are working on changing it.

